

Jamie Korab, Team Gushue
Newfoundland & Labrador
Curling



Bell Aliant High-Speed Ultra
\$29⁹⁵/MO.
for 12 months

Spread more joy.

Choose a Bell Aliant Value Package™ for your chance to win a trip for two to the Vancouver 2010 Olympic Winter Games.
1 866 425-4268 • Visit a dealer • bellaliant.net



BellAliant
OFFICIAL SUPPORTER

Certain conditions apply. All offers are available for a limited time and subject to change without notice. Bell Aliant products are available only where technology and availability permit. \$29.95/month High-Speed offer is available to new residential High-Speed customers who agree to a 12 month contract. After the promotional period, the price will be the then current regular rate. 30 days advance notice is required to cancel select services. For more details visit bellaliant.net to view our Terms & Conditions. Taxes extra. *Bell Aliant Value Packages are trademarks of Bell Aliant. © 2005, VANOC. Used under license. No purchase necessary. Full contest rules available at bellaliant.net.

Sports

New Orleans remains perfect
pg 11



The world's largest global newspaper

metro



HALIFAX • MONDAY, DECEMBER 7, 2009

metronews.ca

Celebrity Buzz

Beckham line pinched
pg 14



Wintry weather
knocks out power

OUTAGE Close to 18,000 residents in the Halifax Regional Municipality woke up without power yesterday.

According to Stacey Pineau, spokesperson for Nova Scotia Power, fallen tree limbs knocked off by yesterday morning's snow and wind were to blame for the majority of the outages.

Pineau said crews were working across the HRM from about 7 a.m. yesterday morning.

"Many people were restored quite quickly, but at the height of the storm we did have (18,000) without power," said Pineau.

Pineau added outages in some areas were caused by car accidents. Power was restored to the majority of HRM by early afternoon.

ALEX BOUTILIER/
FOR METRO HALIFAX

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 2



Local pg 2

Disabled face abuse: Report

On the web
Visit metronews.ca for news updates

Memories fading away

Explosion stories must be preserved before it's too late, historians say

The number of survivors of the Halifax Explosion who regularly attend the annual remembrance celebrations is dwindling quickly, prompting historians to urge relatives to record their memories and stories before they fade forever.

On Sunday morning, no survivors were strong enough to brave the harsh winds and wet snow that lashed Halifax during a ceremony at Fort Needham Memorial Park.

Later in the day, six survivors gathered indoors at the Maritime Museum of the Atlantic, where they offered childhood recollections of a day that forever changed their lives — and their city.

More than 1,900 people lost their lives on Dec. 6, 1917, and 9,000 were injured from fires, flying glass and collapsing beams when a French munitions ship loaded with explosives collided with another vessel, catching fire and exploding.

Blair Beed, an author who has written about the explosion, said there are probably less than 100 survivors in the north end of Halifax.

He said all are in their 90s or over 100 years old.

"We're on the verge of losing their stories ... Museums are still trying to gather the artifacts and personal references. Each person has a little piece of the quilt of the story," he said.

"If you're a family member, don't wait another day. Get the

story now from grandmothers and grandfathers."

Cecilia Coolen, 92, said she was just a 10-day-old baby when the blast tore through her house.

"I'm getting older now, that's why I came today. Some days I don't feel like I'll live to the next ceremony," she said, chuckling.

Her birth mother had four other children to care for, including an 11-month-old infant. She later asked her sister to adopt Cecilia.

Coolen learned the identity of her birth mother 50 years later.

THE CANADIAN PRESS

Photos, videos of aftermath posted online

ARCHIVES People around the world can now access newly remastered film footage and photographs of the aftermath of the Halifax Explosion.

The Nova Scotia Department of Tourism, Heritage and Culture announced Friday that all photographs, films and archival records on the 1917 disaster have been re-digitized for their website.

"It's a great way of getting people all over the world to be able to see our material," said Garry Shutlak, senior reference

archivist for the Nova Scotia Archives and Records Management.

A silent black-and-white film shot by W.G. MacLaughlan shows smoke pouring from buildings, smashed windows, and brick houses without roofs immediately following the blast.

The 13-minute film also shows relief efforts, such as volunteers loading wounded people into Red Cross trains.

THE CANADIAN PRESS



The Colour Guard representing the fire department approaches the Halifax Explosion Memorial at Fort Needham yesterday morning as the winds howled and the wet sticky snow clung to their faces.

DARRELL OAKER/FOR METRO HALIFAX

LASIK MD
VISION

LASER VISION
CORRECTION

Have LASIK Now. Pay in 2011!

Starting at

\$490 /eye*



\$0 DOWN \$0 PAYMENTS 0% INTEREST

UNTIL JANUARY 2011†

FREE Consultation: 1-866-999-0435 • HALIFAX: 1801 Hollis Street, Suite 400 • www.lasikmd.com

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † Subject to Desjardins Card Services credit approval. Patients must call to schedule their FREE consultation on or before January 18, 2010. Surgery must be completed on or before February 28, 2010. Applicable to Advanced Custom Wavefront treatment only.



Dr. Christopher Jackman
MD, FRCSC



1 DOWNLOAD THE FREE SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local



Memorial held for slain woman

More than 100 people gathered Saturday to commemorate what would have been the 40th birthday of Paula Gallant, left. The former elementary school teacher became one of Nova Scotia's most notorious unsolved murder cases when she was found dead four years ago this December. No charges were ever laid. At this week-end's memorial, 40 Christmas wreaths were hung on telephone polls throughout Timberlea by friends, family and people from the community.

METRO HALIFAX



Cancer research project lands new funding

SCIENCE The QEII Foundation announced \$200,000 in new funding for the Atlantic PATH Cancer Research Project today.

The PATH project, currently underway across the region, studies genetic, lifestyle and environmental contributors to cancer rates.

Dr. Louise Parker, the principal investigator in the project and the chair of the Canadian Cancer Society Nova Scotia Division, said the project is examining factors that have not been considered before, such as well water.

"In Nova Scotia, about 45 per cent of us get our drinking water from wells," said Parker in a press release. "We need to know the effect that arsenic and other heavy metals is having on our cancer rates."

The PATH project is attempting to understand why Atlantic Canadians have some of the highest rates of cancers in Canada.

"This is for the health of our children and our grandchildren," said Parker.

For more information, visit the Atlantic PATH project website at atlantic-path.ca.

METRO HALIFAX

metronews.ca
WHAT'S ONLINE TODAY

Immigration Guidy Mamann on the extraordinary powers granted to Canadian border officials at metronews.ca/immigration

Lotteries

Friday, Dec. 4
Lotto Max: 1, 6, 13, 19, 32, 35 & 40 Bonus 7
Saturday, Dec. 5
Lotto 6/49: 8, 10, 14, 22, 28 & 29 Bonus 2
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Dartmouth Tree lighting



Thomas Clements of Halifax emerges from a pile of hay he had thrown at him by friends Saturday as they play at the Dartmouth Tree Lighting Ceremony.

Chapel Island rocked after Paul acquitted of murder

VERDICT RCMP have increased their numbers in the community of Chapel Island this weekend after emotions ran high following Friday's murder-trial verdict in Port Hawkesbury.

A Supreme Court jury found Logan Curtis Paul, 21, not guilty of second-degree murder in the death of 35-year-old Edwin Morales Marshall. That ruling was followed by a chaotic scene in the courtroom involving the respective families in attendance.

Kenny Basque, chief of Chapel Island, told CBC News there were shots fired and windows smashed in the community Friday night and about 10 families have left to stay in hotels in Sydney.

Immediately after the verdict, the courtroom was filled with angry reaction from members of Marshall's family.

Marshall's brother Louie

yelled obscenities and threw himself into a wall of sheriffs and RCMP officers who lined the centre aisle of the courtroom.

Other members of the Marshall family began screaming, crying and trying to attack members of the Paul family on the other side of the courtroom, but were held back by security.

"You better want to protect yourselves, because one of you going down tonight, one of you going down," Marshall's mother Lillian hollered at the Paul family inside the courtroom.

THE CANADIAN PRESS

m.metronews.ca



Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page

Mentally disabled abused, reports say

Laws over residential centres to get overhaul: Minister

In one case, a mentally disabled resident at a Nova Scotia residential centre is described in government reports as being dragged by a worker down a hall by her leg. In another, a worker is reported to have sprayed water on a female resident's head "to the point where she was gasping for air."

The descriptions of mistreatment are contained in reports stemming from 49 cases of abuse at Nova Scotia residences that were reported between October 2007 and July of this year.

John Cox, the Nova Scotia spokesman for People First, an advocacy group for the mentally disabled, said he found the descriptions unsettling.

"Some of this is vindictive, basically payback ... It could definitely be avoided," he said after reading the descriptions, which were obtained by The

"Some of this (mistreatment) is vindictive, basically payback ... It could definitely be avoided."

John Cox, People First

Canadian Press under freedom of information legislation.

The provincial government says since the reports were filed under the Protection of Persons in Care Act, staff members have been fired or disciplined, additional training is in place and an auditor appointed in the Department of Community Services is reviewing each case that's received.

Denise Peterson-Rafuse, the minister of community and social services, said in an interview she plans to

overhaul the legislation that governs the facilities to give her direct supervisory power.

Peterson-Rafuse said she was "disappointed and shocked" by the cases.

The government reports say 21 of the abuse cases happened at the aging Riverview adult residential centre in Riverton, near New Glasgow, where there are about 100 residents with a variety of mental illnesses and disabilities.

In one record from April 2008, a resident refused to drink water and "the worker pulled down the top of the resident's pants and poured water on him." The worker then held the resident's arms across his chest with one hand and put a knee on his lap, then put the cup to his lips, "where the water ran down the front of his shirt."

THE CANADIAN PRESS

More money sought for transit study

ALEX BOUTILIER
for Metro Halifax



COUNCIL Less than two months after Metro Transit released a consultant's report on public transportation, staff are telling councillors they need more study — and money.

City staff will ask Halifax Regional Council for \$69,100 to conduct further study into transit strategy, according to a report to be presented when council convenes tomorrow evening.

The report says it's necessary to assess two transit components — the Access-a-Bus program and Hali-

fax's ferry system. It also recommends awarding the contract to IBI Group Ltd., the consulting group behind the \$258,200 Metro Transit Strategic Plan Update, released in October.

That report was accepted by council in November. But accepting the report does not financially bind council to any of the suggestions. Staff will return to council in January to go over budgetary implications.

The Access-a-Bus program is the municipality's transit service for disabled riders. The report notes as "conventional transit services increase as laid out in the Strategic Plan Update,

demand for Access-a-Bus service will also increase."

The report also notes while the ferry is "efficient and popular," the service has "not been through a detailed review in over 25 years." It goes on to state "there is a strong interest in expanding the operation of the ferry service," presumably referring to the high-speed ferry connecting downtown Halifax with Bedford that council has been considering for years.

Funding for the strategic plan was already increased by \$19,336. If the report is accepted by council, it would bring the total cost of the study to \$346,636.

News in brief

TELETHON Yesterday's 46th annual Christmas Daddies Telethon on CTV saw over \$827,700 raised, with \$408,128 coming from mainland Nova Scotia. The money raised is distributed by the Salvation Army and provides toys, gifts and necessities such as clothing and

food to over 16,000 children across the region. New Brunswick raised \$150,421 for the telethon, Prince Edward Island \$32,193 and Cape Breton \$228,363. Pledges can be honoured at any branch of the Royal Bank or online at christmasdaddies.org.

METRO HALIFAX

OFFSHORE The Canada-Nova Scotia Offshore Petroleum Board has issued a call for companies to bid for exploration licences on two new offshore shallow water blocks. The two 90,000-hectare parcels are located south and northwest of Sable Island.

THE CANADIAN PRESS

RCMP holding open house in Sackville tonight

Sackville residents will have a chance to share their views with police this evening. The RCMP are holding an open house at 7 p.m. at the Millwood High Cafeteria. They are inviting the public to come out to discuss current and future initiatives and listen to concerns about policing. **METRO HALIFAX**



The Not So Silent Vigil brought men and women together yesterday, 20 years after the Montreal Massacre. The group lit candles and sang songs as artist Holly Carr created a silk screen painting on the grounds of the Spring Garden Road Library.

Montreal killings remembered

20 years after 14 women's deaths, vigil seeks to raise awareness

ALEX BOUTILIER
for Metro Halifax

A candlelight vigil was held outside the Halifax Public Library last night to mark the 20-year anniversary of the worst mass shooting in Canadian history.

About 100 people braved the snow and cold to remember the women killed on Dec. 6, 1989 by shooter Marc Lépine at Montreal's École Polytechnique.

At one point Lépine entered a classroom, separated the men from the women and opened fire. He then walked through

the school shooting at women before turning the gun on himself. In all, 14 women were killed and 13 wounded.

The event, known as the Montreal Massacre, became a focal point for the debate of gun control and violence against women in Canada. Susanne Litke, a Dalhousie Legal Aid lawyer and one of the organizers of last night's vigil, said she still remembers how deeply the news of the massacre affected her as a new mother, with a young son of six.

"My raison d'être as a mother has been to raise a son who is going to stand up against violence against

"Violence against women hasn't decreased in 20 years — the stats are still the exact same."

Emily Krehm,
Oxfam Canada

women," she said. "(Dec. 6) is still significant because the work is not over ... we just need to keep working on this."

After the vigil, many of the supporters made their way down Spring Garden to St. Matthew's United

Church Hall for a potluck and entertainment including spoken word artists, music, and dance.

Emily Krehm, who works with Oxfam Canada, said she thinks it's important to continue to reflect on the events on Dec. 6, and to raise awareness about the many forms of abuse women continue to face.

"Violence against women hasn't decreased in 20 years — the stats are still the exact same," she said.

"Clearly there's a need to bring awareness to this issue that's often marginalized in the media, often marginalized in the government for funding."

N.B. finance minister speaking in Halifax

PAUL MCLEOD
paul.mcleod@metronews.ca

New Brunswick's finance minister will give a speech in Halifax today as bickering between the Atlantic Provinces continues to escalate.

Greg Byrne will speak today at an Atlantic Institute for Market Studies luncheon three days after New Brunswick Premier

"I'm trying to correct the misinformation."
N.B. Premier Shawn Graham, on NB Power deal

Graham accused Nova Scotia's Darrell Dexter and Newfoundland's Danny Williams of spreading misinformation.

Williams and Dexter had written Graham seeking assurance their provinces would be able to ship power through New Brunswick after the nearly \$4.8-billion sale of NB Power to Hydro Quebec.

"I'm trying to correct the misinformation," Graham said Friday.

In his own letter, Graham stated the rules for exporting power to the United States won't change after the sale.

Those rules, set by the Federal Energy Regulatory Commission in the United States, require that any open capacity on the transmission lines must go out to the market for anyone to bid on it.

"The points that I've addressed today in this letter are the same points I gave to my colleagues at the table in Newfoundland last month," Graham said. "Apparently it wasn't enough." Nova Scotia Energy Minister Bill

Estabrooks said just that earlier last week — it wasn't enough.

Estabrooks reiterated that Nova Scotia wants a written document they can point to before the sale is completed in March. He said they also want a written commitment of a new energy corridor through the province.

"That would clearly demonstrate ... that this is something we can take to the bank," Estabrooks told reporters.

WITH FILES FROM
THE CANADIAN PRESS

RCMP seek tips in Timberlea stabbing that left man injured

FIGHT A 20-year-old man was injured early Saturday when he was stabbed in the forearm during a fight between two people near Halifax.

Mounties say the stabbing occurred on Maple Lake Road in the suburb of Timberlea at about 1:30 a.m.

A police news release says the injuries are not life-threatening.

The suspect, who is known to police, fled the scene, after the stabbing. Police say a second man may have also been stabbed in the altercation, but he has not yet come forward.

The Lower Sackville detachment of the RCMP says it is seeking tips from anyone who might have witnessed the incident.

THE CANADIAN PRESS

Autistic boy missing in Cape Breton since Saturday

SOUTH BAR A desperate search is being made in Cape Breton for a missing autistic boy who wandered off without any winter clothes as an early winter snowstorm was setting in. James Delorey, 7, wandered away from his South Bar home with dalmatian-mix dog Chance on Satur-

day at approximately 2:13 p.m.

Delorey and his dog remained missing yesterday. He is described as non-verbal and police say he may not answer to calls from searchers.

"The assumption is he took off running some-



James Delorey

where," said Cape Breton Regional Police spokesperson Desiree Vassallo.

Residents living in and around South Bar were asked to check their yards for places where the young boy might be tempted to hide. The tem-

peratures on Sunday hovered at just about freezing.

"Check anything," said Vassallo. "If there's anything in their yards, like an overturned boat that's stored, or a shed that might have been opened, or anywhere that he could be hiding."

THE CAPE BRETON POST

News in brief

SENIOR SCAM Police are warning seniors about a scam involving a person over the phone pretending to be their grandson. The man claims to have been falsely arrested for impaired driving and asks for \$4,000 for lawyer fees and bail so he can come home for Christmas.

ARGYLE STREET One man suf-

fered a broken ankle after several fights broke out on Argyle Street early Saturday morning. At around 2 a.m. police found the 21-year-old and had him transported to the QEII for treatment. The area was searched but no arrests were made. Police are still looking for one man in relation to the attack.

BANK ROBBERY Police responded to a bank robbery in Dartmouth Friday afternoon. At 3:15 p.m. a man entered the TD Bank at 590 Portland St. and demanded cash. He did not show a weapon. The man left with an undisclosed amount of cash. The suspect is described as a white male in his 20s.

FIRE VICTIM Police revealed the name this weekend of a man who died in a fire in Parrsboro. Lester Frank Pugsley, 69, lived by himself and appears to have died when his home on Rosco Branch Road caught fire. Foul play is not suspected. The body of the deceased has been sent to Halifax for an autopsy.

METRO HALIFAX

Spring Garden Area's

Quick
Facts



Did you know Mills has been a feature of the Spring Garden Area for more than 90 years?! Noted for excellence, Mills remains at the very forefront of fashion and good taste ...where fashion meets beauty.

springgardenroad.com

CHRISTMAS SALE

MUSICAL INSTRUMENTS
& Gear...at GREAT Prices!

**HALIFAX
FOLKLORE CENTRE**

1528 Brunswick St.
422-6350
Located just off Spring Garden Rd.



www.halifaxfolklorecentre.com

Four arrested after pair of teens killed at Winnipeg house party
A man and three males under the age of 18 have been charged with murder after someone walked into a house party in Winnipeg and opened fire, killing two young men. Tyler (T.J.) Hawula and Matthew Lawrence Victor Reynolds, both 18, were gunned down at Hawula's home early Saturday morning. **THE CANADIAN PRESS**

Canada



Officials try to stop carp invasion

They can weigh 40 kilograms, eat nearly half their weight each day in plankton, and have been known to bludgeon unsuspecting anglers as they leap from the water. And if their advance through U.S. waterways isn't halted, two species of Asian carp could become the next big threat to the already unstable Great Lakes ecosystem and its multimillion-dollar fishery.

THE CANADIAN PRESS

Tuktoyaktuk slowly melting away

Climate change impacting life in N.W.T. hamlet



There will be no one to tell the world about the warped and wavy roads or the gully and ditches in Tuktoyaktuk's graveyard when the world gathers at the Copenhagen climate change summit this week, and that makes Mervin Gruben's temperature rise.

No one to point out that the once permanently frozen ground is thawing and a hunting spot that has existed for thousands of years is being swallowed up by the Arctic Ocean.

"When I was growing up

Prentice

• Environment Minister Jim Prentice says Canada's targets to reduce greenhouse gases aren't up for negotiation when countries meet today in the Danish capital.

we were getting 40-below weather for January, February and March. We'd have mountains of snow," said Gruben, Tuktoyaktuk's mayor. "Now we don't have nothing at all. We barely get to 40-below, and I just turned 47. I've seen this all change in the last 30 years."

Tuktoyaktuk, a Northwest Territories hamlet of

just 1,000 people, is building a road that will one day stretch 140 kilometres south to Inuvik.

"Eventually we'll slowly start moving our infrastructure farther south," Gruben said. "As we speak, there's a no-build zone on the north shore of our community. That's going to be washing away eventually."

Each year, 1.8 metres of the shoreline is lost to rising water and waves as the once-impenetrable permafrost thaws and gives way in the warmer summers. A local school and police station have already been moved farther inland.

TORSTAR NEWS SERVICE

Montreal 'Never Again!'



A young girl holds up a white ribbon reading "Never Again!" during a memorial yesterday for the victims of the École Polytechnique shooting in Montreal, on the 20th anniversary of the tragedy that left fourteen women dead.

News in brief

MILITARY In the five months they have to establish a security zone around the insurgent snake pit known as Kandahar city, Canadian troops will be working to turn local allegiances in an effort to marginalize the Taliban. Changes to Canada's area of operation have resulted in a significant re-organization of how and where the country's soldiers are being deployed.

RCMP The meter is still running on the RCMP's four-year-old probe into the alleged leak of an income-trust taxation measure, with costs about to hit a half million dollars.

THE CANADIAN PRESS

m.metronews.ca



CLINCHED FISTS WILL JOIN RED-MITTENED hands as protests along the Olympic torch route are likely to ramp up as the flame heads west. Scan this up as the flame heads west. Scan this up as the flame heads west.



AT \$199*, IT'S NEVER BEEN EASIER TO BRING HOME AN XBOX 360®.

XBOX 360®

Survivor returning to Pearl Harbor for first time since attack

Eighty-six-year-old Pearl Harbor survivor Ed Johann is due to return to Pearl Harbor today for the first time since the Second World War to attend a ceremony marking the 68th anniversary of the Japanese attack. **THE ASSOCIATED PRESS**

World

Iran cuts Internet access on eve of protests

Government opponents shouted "Allahu Akbar" and "Death to the Dictator" from Tehran's rooftops in the pouring rain on the eve of student demonstrations planned for today. Authorities choked off Internet access and warned journalists working for foreign media to stay in their offices for the next three days.

Opposition leader Mir Hossein Mousavi threw his support behind the student demonstrations and declared that his movement was still alive.

A statement posted on his website said the clerical



establishment cannot silence students and was losing legitimacy in the Iranian people's minds.

"A great nation would not stay silent when some confiscates its vote," said Mousavi, who claims President Mahmoud Ahmadinejad stole the June election victory from him by fraud.

Supreme Leader Ayatollah Ali Khamenei accused the opposition yesterday of exposing divisions in the country and creating opportunities for Iran's enemies. Iran's universities have been strongholds of the opposition movement that grew out of the disputed election, and authorities have besieged campuses nationwide with a wave of arrests and expulsions.

The pro-government Basij militia has also recruited on campuses to blow the whistle on any opposition troublemakers, according to students.

THE ASSOCIATED PRESS

Greece **Violence erupts**



A protester kneels in front of a riot police officer in Athens yesterday. Protesters hurled rocks and burning garbage at police as violence erupted during a march to mark the first anniversary of the police shooting of a teenager.

Obama challenged on climate change



DENMARK By executive action, the Obama administration can boost the U.S. target for reducing greenhouse gas emissions beyond levels envisioned in legislation working its way through Congress, the head of the UN climate science network said yesterday.

"There is scope for going above what is going to be legislated," Rajendra Pachauri, chairman of the Intergovernmental Panel on Climate Change, said on the eve of the UN climate conference in Copenhagen.

U.S. Senate and House bills capping carbon dioxide emissions would reduce them by 17 to 20 per cent by 2020, compared with 2005 levels. Compared with 1990 levels, the standard UN benchmark, that's only a three to four per cent reduction, a contribution far short of what scientists say is needed.

THE ASSOCIATED PRESS

News in brief

RUSSIA Four people were ordered to remain in jail yesterday pending an investigation into a nightclub fire that killed at least 112 people in Russia's worst blaze in decades, investigators said. About 130 remained hospitalized, many in critical condition, with injuries from the early Saturday fire.

THE ASSOCIATED PRESS



Looking for sales representatives for:

OroGold, Her Styler, and Heatin Aclick kiosks in Mic Mac Mall

\$15 hour
Please call 902-293-5891 or 506-870-0670

DAY TRIPS

Get in the Holiday Spirit with Cabana Tours Festive Day Trips!

Christmas Lights & Holiday Dinner Day Trip Dec 19 & 20

Enjoy festive stories and songs on board!

Free Brochure - 22 Tours!

CABANA CHARTER TOURS

Halifax 1-902-444-3350
www.cabanatravel.ns.ca

STOREWIDE SALE

SANTA'S LITTLE HELPERS

What's not to love? Part-sock, part-slipper & completely cozy with no-slip bottoms — a gift sure to make them smile.



\$9.99

All women's novelty holiday socks & slipper socks

By HUE & CHRISTMAS STREET

Reg. up to \$20.

ALSO 30% OFF

All women's slippers

Excludes items with 99¢ price endings. Off our regular prices.

Selection varies by store, while quantities last.

December 7th until December 10th

the Bay

HALIFAX

Publisher, Greg Lutes
Managing Editor, Philip Croucher

Sales Manager, Dianne Curran
Distribution Manager, April Doucette

METRO CANADA

Group Publisher, Bill McDonald

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Give an energy-inspired gift this year

CleanBreak



Rochelle Owen
metronews.ca/cleanbreak

was thinking about the holiday season and have come up with an "energy" inspired gift list. Energy is your classic shape shifter. It takes many forms. There is thermal (heat), radiant (solar), kinetic (motion), electrical,

chemical, nuclear (no this type didn't make the holiday list), and gravitational.

The sun is the kingpin of energy. The sun's radiant energy falls to earth. This radiant energy is used by plants to create chemical energy stored in carbohydrates in plant cells. Mammals (like us) eat plants and/or animals that ate plants and now we have this chemical energy. Our bodies use this chemical energy to move (kinetic) energy and create heat.

My list of gifts that literally keeps giving includes:

A bicycle gets you places and can be a time saver as you commute and get you exercise.

Food: You are providing the gift of chemical energy so the body can function. Gifts include gift certificates to food outlets, donations to the food bank and groups like UNICEF and home-cooked goodies. You might even think about what is the premium nature of the food fuel type i.e. nutritional output.

Human powered devices:

Here you can combine gifts. Using the food you received you can use the following gift ideas to create other forms of energy to move (kinetic) and power (electrical energy) things.

A) A bicycle gets you places and can be a time saver as you commute and get you exercise. You can also buy a stationary stand and a battery pack for your

bike that uses your kinetic energy you create from cycling to make electrical energy which charges the pack. You can then plug in electronic devices like a cellphone or lamp. There are lots of different set ups with cycling power including cycle-powered clothes washers.

B) Crank radios and flashlights. I recommend purchasing quality versions of these as they work better. Some development organizations sell these devices. These are good in an emergency, too.

C) Kinetic watches. They are powered by the motion of your arm.

Solar stuff: The sun is really nice about not charging us. Solar panels for domestic water heating (there are rebates through programs such as the Energuide assessment). There are solar clocks, calculators, lights, battery and electronics chargers, toys, cookers, and the list goes on thanks to the sun.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

Views

Key to a happy holiday? Start early

HineSight



Anne Hines
metronews.ca/hinesight

Today in our series on Prepping for the Holidays: Planning Ahead.

Everyone knows the key to a successful event is planning ahead. When it comes to the holidays, I am a believer in making careful, early plans. I don't actually do it, but I'm a great believer in it. Usually, my holiday shopping plans go like this:

August: Plan ahead. Make list. Buy lovely thoughtful gifts for my two sisters and hide them away. Feel smug. Ignore gift list for the rest of month.

September: Cannot find list. Make new one. Nephews want Turbo-Ranger dolls at \$44.95 each. Decide to wait till they go on sale. Buy lovely thoughtful gifts for my two sisters. Remember I already got them something. Damn. Could possibly give it to newspaper delivery man. Wonder if he likes "cinnamon mist" body spray. Need to regroup. Abandon shopping efforts.

November: Really serious now. March into store and

buy lovely, thoughtful gifts for my two sisters. Damn. Wonder if free sample that came with makeup purchase can be given to best friend without her knowing. Break down and decide to purchase "Turbo-Rangers." Stores are sold out. Company spent so much on advertising they could only afford to make six. Believe clerk who says, "We're getting more next week." Buy Christmas cards. Delighted to have finally accomplished something.

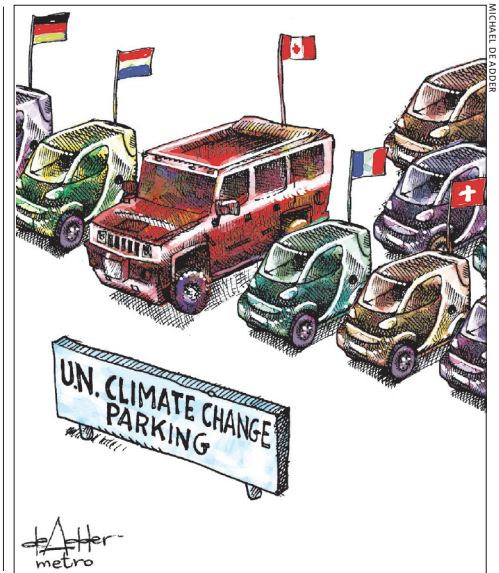
Mid-December: Hate everyone on list. Would pay almost anything for Turbo-Ranger doll, but not the \$300 being asked for on e-

Bay.

Late December: Will buy anything for anyone. See everything as potential gift. "Hmmm ... masking tape. Maybe my mother would like masking tape." Have completely forgotten where I hid gifts bought in August. Pour myself large rum and eggnog, sans eggnog, and try to forget.

Christmas Day: Everyone loves everything. Such joy to give gifts to people I love. Vow to address and mail cards asap. And next year, I'll start much earlier.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number - street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Halifax 3260 Barrington Street, Suite 102, Halifax, NS B3K 0B5; Tel: 902-444-4444; Fax: 902-422-5610; Advertising: 902-421-5824 • adinfohalifax@metronews.ca; halifax_distribution@metronews.ca; News: philip.croucher@metronews.ca

www.pipsc.ca

For the Public Good

The Union of Public Service Professionals
Serving Canadians

Hong Kong accepts Canadian beef exports

Canadian beef exporters have regained access to the Hong Kong market following a meeting between Prime Minister Stephen Harper and the former British colony's chief executive. In a news release, Harper said that regaining access to Hong Kong sends a strong signal to all Asian markets. **THE CANADIAN PRESS**

7

Business

DOLLAR

US **94.53¢**
(Friday's close)

GAS

US **\$4.58**
(Friday's close)

OIL

US **\$75.47**
(Friday's close)

TSX

11,510.80
(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Unveiling Space travel



An illustration of SpaceShipTwo is pictured. To be unveiled today in California, the ship will carry passengers on a trip into sub-orbital space. Fourteen Canadians have booked the two-hour space flight with Virgin Galactic, one of the many companies belonging to tycoon Richard Branson.

Business in brief

CELLPHONES About 22 million Canadians use mobile devices such as cellphones and smart-phones to communicate every day. And the vast majority use plans offered by the country's three biggest telecommunications companies: Bell Canada,

Rogers Communications Inc. and Telus Corp. But industry experts say most of us are so distracted by those bright and shiny devices, we put very little thought into selecting the right monthly plan. Peter Pham, CEO of U.S. website Bill

Shrink.com, estimates that about 80 per cent of us overpay on our cellphone bill, as we tend to opt for features, and continue paying for them, even when we don't use them much.

TORSTAR NEWS SERVICE

m.metronews.ca



Chinese wind power companies are making aggressive moves to cash in on green movement in Western markets. Scan this barcode for the full article.

Metro launches app

Metro Canada is celebrating the launch of Canada's first fully bilingual news application for the iPhone and iPod touch.

The application is unique because it's the only one in the App Store that allows users to choose between an English or French interface and also receive news content in either language.

"Metro is quickly establishing itself as a leader in the mobile space and we're the only daily newspaper publishing in both official languages, so it makes

sense that we would be the ones to reach this milestone first," said Jodi Brown, marketing and interactive director for Metro Canada.

In September, Metro relaunched its mobile properties — which include a mobile-enabled website, applications for iPhone, BlackBerry and Windows mobile, and 2D barcodes in the paper that link to mobile content — with a B2C marketing campaign in transit in Toronto and on TV and radio across the country. **METRO NEWS SERVICES**

YOU COULD WIN

A HOLIDAY PRIZE PACK FROM THE BODY SHOP!

This Holiday season, The Body Shop introduces luxurious seasonal bath & body and home fragrance collections, bursting with naturally-derived ingredients in three festive fragrances: Black Velvet Apricot, Nutmeg & Vanilla and Merry Cranberry. Many of the ingredients in these seasonal ranges are sourced through The Body Shop Community Trade program so that you can feel good about giving.

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 10, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

TODAY ONLY
MONDAY, DECEMBER 7
ONLY 18 DAYS LEFT UNTIL CHRISTMAS



\$79⁹⁹

Women's
FRANCO SARTO
boots

Reg. up to \$190

Available in 5 styles. Limit 3 per customer.



Official Outfitter
of the Vancouver 2010
Olympic Winter Games



Shop early. Don't be disappointed. No rain checks & no price adjustments. Offers available while quantities last. Selection will vary by store. Cannot be combined with any other offer. Savings are off our regular prices, unless otherwise specified. See in-store for details.

Sears[®]

HOLIDAY COUNTDOWN SALE ON NOW

New gift ideas. Every day. All holiday season long.

18

SHOPPING
DAYS LEFT!



Save on cosmetics & fragrances

6 months of beautiful savings

From January
to June 2010.
A \$100 Value.

Receive
\$100 in savings
for 6 months
on cosmetics & fragrances

when you spend \$75 or more* on your Sears[®] MasterCard[®] or Sears Card on cosmetics or fragrances.

Other retailers offer \$10 discounts but
Sears offers \$15 in beauty savings
each month from January to June 2010
plus receive a complimentary
ticket to our April cosmetics gala.

Offer ends Thursday, December 10, 2009

Limit one per customer



*Before Taxes

Buy 2, Get 3rd for a Loonie

on already-reduced clearance-priced men's, women's & kids' fashions,
women's hosiery and men's & women's footwear

Third item must be of equal or lesser value and must accompany any returns. Offer valid on in-stock items
in our Sears Department stores only. Selection varies by store. While quantities last.

Excludes walking and athletic shoes, kids' footwear, luggage, handbags, women's accessories,
women's intimate apparel, jewellery, watches, cosmetics & fragrances. Offer ends Tues., Dec. 8, 2009

NE122G409 © 2009. Sears Canada Inc.

8 business

Saudi happy with oil price

Ali Naimi, Saudi Arabia's oil minister, says the current oil price is "perfect." **THE ASSOCIATED PRESS**

Investors keep eye on U.S. Fed

Jobs data turns focus on rates

Stock markets could find gains elusive this week even as last week's U.S. employment report for November raised hopes that an economic rebound is under way.

The data raised concerns about how the U.S. Federal Reserve might react to indications of a sharp slowdown in job losses and the Fed's meeting on interest rates will be the focus of attention this week.

Andrew Pyle, an investment adviser at ScotiaMcLeod in Peterborough, Ont., said the results which found that 11,000 people lost their jobs last month, compared with the 120,000 that had been expected, offered some relief for investors.

And that bodes well for the retail front, since the U.S. holiday shopping season got off to a tepid start.

Whether that strong

Bank's pledge

• Last month, the U.S. Federal Reserve said it would keep rates near zero for the foreseeable future. The U.S. central bank has also pumped over a trillion dollars into the markets to sustain liquidity.

jobs data can provide the spark for a year-end rally is up in the air. For one thing, Pyle thinks it would not be a good idea to take the U.S. jobs report and conclude after one month of data that the U.S. economy is out of the woods. For another, North American indexes are at or near their best levels of the year.

Investors are also concerned that the jobs report could get the Federal Reserve thinking about hiking rates from near zero or remove other supports sooner. **THE CANADIAN PRESS**



The Kuwait Investment Authority joined other big investors in pumping \$12.5 billion US into Citigroup in January 2008.

Kuwait fund makes \$1.1B profit on sale of Citi shares

FUND Kuwait's sovereign wealth fund said yesterday it booked a profit of \$1.1 billion US by selling the stake it took in Citigroup Inc. less than two years ago when the banking giant was strapped for cash.

The Kuwait Investment Authority said it sold the preferred shares after converting them to common stock for \$4.1 billion US. That works out to a gain of nearly 37 per cent on its \$3

billion US investment.

At the same time it made its Citi investment, the fund took a \$2 billion stake in Merrill Lynch. Merrill was later bought by Bank of America Corp., which last week surprised investors by paying back \$45 billion in bailout money.

Analysts say that move puts pressure on Citi and other banks that tapped U.S. government aid to follow suit. **THE ASSOCIATED PRESS**

New bid to break deadlock

INCO STRIKE New Democrat Ontario MPP France Gelin will be leaving tomorrow on a two-day trip to meet with Brazil's leaders in an attempt to make headway on the five-month Vale Inco strike.

More than 3,000 mine and mill workers at the Sudbury operation have

been on strike since mid-July over proposed pension changes, cuts to their nickel bonus, and seniority transfer rights.

Vale Inco's parent company is based in Brazil.

Gelin says the country's government owns shares in Vale Inco. **THE CANADIAN PRESS**

Counting your kilowatts

Allow your utility to turn down your air conditioner for short periods during hot summer weekdays when the demand for electricity is high. Visit everykilowattcounts.ca to find out more about energy-saving programs. **METRO NEWS SERVICES**

9

Going Green

EDITOR: BEN.RYCROFT@METRONEWS.CA



Need answers?

Want to know how the majority of the world's freight gets from one place to another? Or which country has no McDonald's? A new book, *Snapshot: The Visual Almanac For Our World Today*, covers it all. **METRO NEWS SERVICES**



Greenpeace portrays Prime Minister Stephen Harper on a billboard in Copenhagen.

Missing the target

Analysis shows Canada's green plan doesn't add up

A U.S. plan to cut emissions goes much further than Canada's commitment despite government claims that the two countries now have matching targets, according to analysis by climate change experts and foreign government.

President Barack Obama announced his plan to cut emissions to 17 per cent below 2005 levels by 2020 ahead of the climate change summit in Copenhagen. The U.S. figure is derived strictly from cuts that can be achieved by capping greenhouse gases and trading emissions permits.

The American commitment is similar to the Canadian government's plan to go 20 per cent below 2006 levels by 2020, a point Prime Minister Stephen Harper has used to fend off attacks from such critics as the Secretary General of the United Nations, Ban Ki Moon, who urged Harper to adopt a more ambitious target.

"The Canadian target is quite a bit more moderate than the U.S. target."

John Drexhage, International Institute for Sustainable Development

Expert analysis shows the U.S. plan will go much further in cutting emissions when additional measures are factored in like tougher fuel efficiency rules for cars, renewable electricity standards and investments in "green" development in poor countries, known in climate change parlance as clean development mechanism projects. All in, American emissions could go down between 28 and 34 per cent below 2005 levels in the next decade, according to a recent report by the Washington-based World Resources Institute.

Canada's target covers all national emissions cuts including fuel efficiency standards, investments in fighting deforestation and

other greenhouse gas reduction schemes, said John Drexhage, climate change director at the International Institute for Sustainable Development in Ottawa.

"The U.S. is only comfortable ascribing to anything internationally that can be 100 per cent regulated, and that would only be the industries that are within a cap-and-trade system.

"That's why many argue that the Canadian target is quite a bit more moderate than the U.S. target," he said.

Canada trails most developed countries in acting on climate change, and criticism from foreign governments, not just environmental activists — is becoming more pointed.

TORSTAR NEWS SERVICE

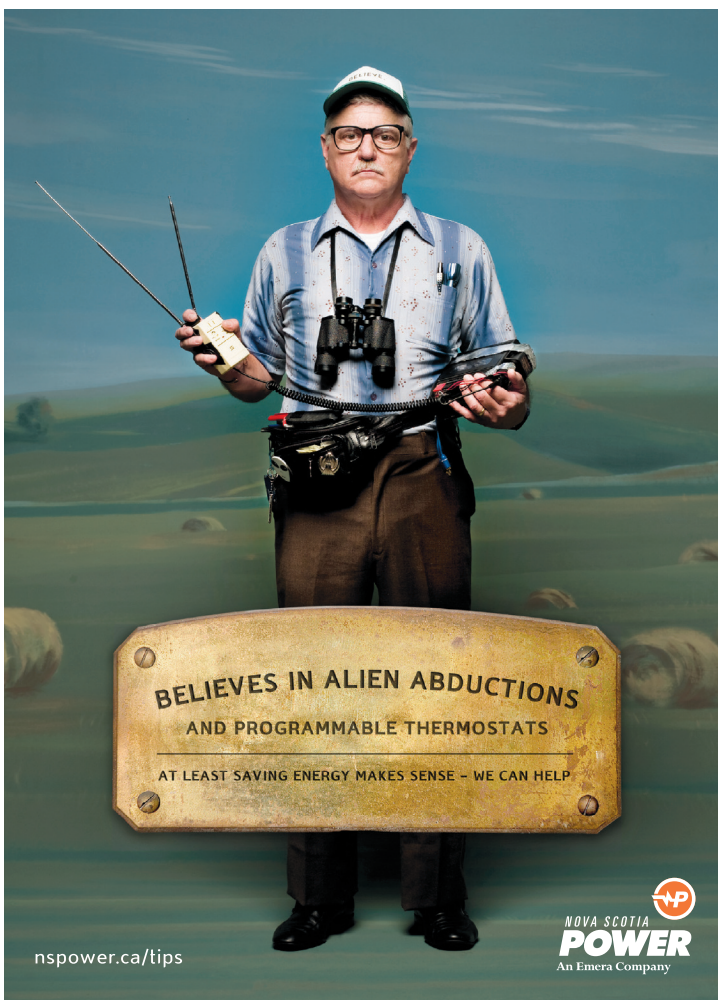
Going Green in brief

UNCORKING Plastic stoppers and screw caps in wine bottles are affecting cork oak forests, a jewel of biodiversity. Each time a cork oak tree is harvested — every nine years — the bark regenerates and in doing so absorbs CO₂, three to five times more than non-harvested

trees. Cork oak forests face a number of threats mainly the increasing use of cheaper plastic stoppers and screw caps for wine bottles, cork's main market. This started in the 1990s in countries like Australia and United States due to the TCA problem (a rare chemical reac-

tion that may spoil the wine) related to cork. WWF is working in cork countries and considers cork oak a "priority species," one of the most ecologically, economically and/or culturally important species on the planet.

METRO WORLD NEWS



nspower.ca/tips

NOVA SCOTIA
POWER
An Emera Company

THE 7th ANNUAL Discovery Awards Gala FOR SCIENCE & TECHNOLOGY

a project of: **Discovery Centre** www.discoverycentre.ns.ca
Nova Scotia's Hands-On Science Centre

The 7th Annual Discovery Awards for Science and Technology, presented by Saint Mary's University, were held at the Westin Nova Scotian on Thursday, November 26, 2009. The event was sold out with more than 450 supporters in attendance who celebrated the achievements of 13 nominated professionals, youth and organizations. The ceremony would not have been possible without the generous support of our sponsors.

**SAINT MARY'S UNIVERSITY • MARITIMES & NORTHEAST PIPELINE
MICHELIN • FRASER & HOYT • CLEARWATER • STANTEC • RIM
ENCANA • ULTRA ELECTRONICS**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Alabama to play Texas

No. 1 Alabama will play No. 2 Texas in the BCS national championship game, a second straight Southeastern Conference versus Big 12 matchup to decide the title. Alabama (13-0) cruised into the national title game, winning the SEC championship with a 32-13 victory against defending national champion Florida on Saturday. **THE ASSOCIATED PRESS**

Mooseheads raise their game

Herd light up Lewiston for 7-3 victory, now have four points in three games

ALEX BOUTILLIER
for Metro Halifax

The Halifax Mooseheads may be in last place in the Quebec Major Junior Hockey League, but they sure didn't play like it on Saturday night.

The Mooseheads scored three times in under a five minute span of the second period en route to a 7-3 victory over the Lewiston Maineiacs before 4,751 fans at the Halifax Metro Centre.

The win gave Halifax (7-23-0-2) four out of a possible six points in a stretch of three games in three nights. On Thursday they won 3-2 over the Gatineau Olympiques on home ice, before dropping a 8-5 decision to the Prince Edward Island Rocket on Friday in Charlottetown.

Against Lewiston, the three quick goals came by the 6:05 mark of the second period with Gerrard Grant and Tomas Knotek finding the back of the net on the power play, and Jessyko Bernard sandwiching in an even-strength marker. The



Halifax Moosehead Gerrard Grant taps one home, getting the puck past Lewiston goalie Adrienne Lemay and defenceman Samuel Carrier in the first period.

goals came 4:36 apart and broke open a scoreless tie.

"We knew that we could play a lot better than (in the first period)," said Grant, whose 12th goal of the season opened

the scoring at the 2:29 mark. "We all talked in the dressing room and knew that we needed to do better, so we wanted to come out flying and we did."

Former Moosehead Alexis Pettite responded for Lewiston with six minutes to go in the second, but two minutes later Pascal Amyot scored another power play goal to send

m.metronews.ca



Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 2

Halifax into the dressing room with a comfortable three-goal cushion.

In the third, Travis Randall, Charles Bety and Alex Lemieux each scored before Lewiston potted two late. Gabriel Desjardins finished with three assists.

In the loss to the Rocket, Halifax fell behind 4-1 in the first period, a margin they could not overcome despite outshooting the Rocket 27-18 in the final 40 minutes. Bety scored twice to lead Halifax, with Randall, Lemieux and rookie Brent Andrews adding singles.

Saturday was the first game in a three-game home stand for the Mooseheads, who face the Moncton Wildcats on Friday and the Rocket again next Saturday.

Varsity Reds stay perfect

HOCKEY The New Brunswick Varsity Reds are going into the Christmas break perfect.

Former Cape Breton Screaming Eagles sniper Chris Culligan scored 54 seconds into overtime as the Varsity Reds edged the visiting Saint Mary's Huskies 2-1 in men's university hockey action yesterday before 2,461 fans at the Aitken Centre in Fredericton.

Former Halifax Mooseheads forward Colby Pridham opened the scoring for Saint Mary's five minutes into the first. Jeff Lee tied it up for the Reds a minute into the third.

The win improves New Brunswick's record to 15-0. Saint Mary's is 9-3-3, good for third in the conference, and one point behind the second-place Acadia Axemen (11-3).

METRO HALIFAX

Hart expected to be permanent coach

SOCCER The Canadian Soccer Association is expected to remove the interim tag from national men's coach Stephen Hart's title today.

Hart has run the men's team as interim coach since Dale Mitchell was fired March 27, more than five months after Canada's World Cup qualifying run ended with a dismal 0-4-2 record.

The 50-year-old Hart played professionally in his native Trinidad and Tobago, and was selected to Trinidad's national team in 1980. He moved to Canada later that year to attend Saint Mary's University in Halifax.

THE CANADIAN PRESS

Rainmen poised to unveil reworked roster today

PHILIP CROUCHER
philip.croucher@metronews.ca

The make-up of the Halifax Rainmen should look more clearer today.

Team owner Andre Levingston said yesterday four players were to be released last night following a week-long training camp in Yarmouth. Levingston also said they're

in negotiations with "a couple of big kids" who are "extremely high-level overseas players."

Levingston wouldn't reveal names, but said they've been talking to both players for about three weeks, and is hoping he could announce either — or both — as signings today.

As for who is getting cut, Levingston wouldn't

tip his hand, saying the information would be released today. But he did say some of the players getting cut are players who were expected to play big roles for the Premier Basketball League club.

"We brought some guys in here to play certain roles and penciled them



Andre Levingston

in starters and they really had a bad training camp," Levingston said.

The week-long training camp in Yarmouth ended Saturday with a blue and white game, which Team White won 114-90 thanks

to 31 points by Adris DeLeon and 27 points from Tony Bennett. Eric

Crookshank netted 18.

Gordie Malone poured in 29 points to lead Team Blue. Garry Gallimore added 24, while Jevohn Shepherd and Desmond Ferguson each netted 15.

Levingston said the team will now conduct its training camp in Halifax, with practices taking place this week at the University of King's College gymnasium.



Tough Shift?

Check us out at joinadmiral.ca

Enter online to win tickets to the Halifax Mooseheads.



Alabama to play Texas in BCS championship

No. 1 Alabama will play No. 2 Texas in the BCS national championship, a second straight Southeastern Conference vs. Big 12 matchup to decide the title. **THE ASSOCIATED PRESS**

sports **11**

Saints still perfect

NFL

Saints 33 Redskins 30 (OT)



The New Orleans Saints are still perfect.

Garrett Hartley kicked an 18-yard field goal 6:29 into overtime yesterday, and the Saints improved to 12-0 with a 33-30 victory over the Washington Redskins.

The Saints clinched the NFC South with a far-from-perfect win that shows just how charmed their season is becoming. They trailed by seven points late in regulation when Washington's Shaun Suisham was wide right with a gimmie 23-yarder that would have sealed the victory for the Redskins (3-9).

Instead, Drew Brees led an 80-yard drive with no timeouts, taking just 33 seconds to tie the game. He hit a wide-open Robert Meacham over the middle for a 53-yard touchdown with 1:19 to play.

COLTS 27, TITANS 17



Robert Meacham of the New Orleans Saints catches a fumble by Robert Meacham of the Washington Redskins yesterday at FedEx Field in Landover, Md. The Saints won 33-30.

At Indianapolis, the Colts tied the NFL record for longest winning streak, beating Tennessee for their 21st consecutive regular-season victory.

The only other team to win that many in a row: New England from 2006-08.

The Colts (12-0) can break the record next week at home against

Denver.

RAIDERS 27, STEELERS 24

At Pittsburgh, Louis Murphy caught an 11-yard touchdown pass from Bruce Gradkowski with nine seconds remaining, his second score in the final 5 minutes, and Oakland scored three late touchdowns to deal Pittsburgh its fourth consecutive loss.

THE ASSOCIATED PRESS

Sports in brief

SOCCER Tottenham striker Jermain Defoe missed a stoppage time penalty as his side threw away a two-goal lead to draw 2-2 with a struggling Everton side in the Premier League yesterday.

SPEEDSKATING Canada's women's team raced to a

world record en route to gold in the team pursuit yesterday to continue a strong showing for the Canadians at a long-track speedskating World Cup event.

NHL The NHL has suspended Flyers forward Dan Carillo four games for his role in a

fight that earned him 19 penalty minutes and a game misconduct.

CURLING Top seed Jennifer Jones and number two ranked Shannon Kleibrink were both losers on the first day of the Canadian Olympic curling trials. **METRO NEWS SERVICES**

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Detroit 3 N.Y. Rangers 1
Ottawa 4 Anaheim 3 (SO)

NBA

YESTERDAY'S RESULTS

New York 106 New Jersey 97
Cleveland 101 Milwaukee 86
Detroit 97 Washington 94
Miami at Sacramento
Phoenix at L.A. Lakers

NFL

YESTERDAY'S RESULTS

Chicago 17 St. Louis 9
Oakland 27 Pittsburgh 24
Denver 44 Kansas City 13
Philadelphia 34 Atlanta 7
Cincinnati 23 Detroit 13
Miami 22 New England 21
New Orleans 33 Washington 30 (OT)
Indianapolis 27 Tennessee 17
Carolina 16 Tampa Bay 6
Jacksonville 23 Houston 18
San Diego 30 Cleveland 23
N.Y. Giants 3 Dallas 24
Seattle 20 San Francisco 17
Minnesota at Arizona

SOCCER

WORLD CUP GROUPS

Groups drawn Friday for the 2010 World Cup:

GROUP A
France, Mexico, South Africa, Uruguay
GROUP B
Argentina, Greece, Nigeria, South Korea
GROUP C
Algeria, England, Slovenia, United States
GROUP D
Australia, Germany, Ghana, Serbia
GROUP E
Cameroon, Denmark, Japan, Netherlands
GROUP F
Italy, New Zealand, Paraguay, Slovakia
GROUP G
Brazil, Ivory Coast, North Korea, Portugal
GROUP H
Chile, Honduras, Spain, Switzerland

KITCHENS TO GO

REALWOOD KITCHEN ENSEMBLE

OAK

\$159 PER LINEAL FOOT*

WHITE

\$179 PER LINEAL FOOT*

INCLUDES ALL THIS...

- LOWER CABINETS
- STAINLESS STEEL SINK
- FAUCET
- UPPER CABINETS
- COUNTERTOP
- FILLERS, TOBICKS & VALANCE

Typical kitchen will include fridge & stove. Let us design one for you!

WE NOW INSTALL

Just \$129 per lin. ft. more!

NEW! MATCHING VANITIES

- 24" X 18"
- 30" X 18"
- 36" X 18"
- 48" X 18"

All at our "sharpest pencil in town prices!"

LUMBER MART

HALIFAX
751 Herring Cove Road, Spryfield, NS
Phone: 477-6500 • Fax/Quotes: 479-0839
Toll-Free: 1-800-922-8204

DARTMOUTH
15 Wright Ave., Burnside Ind. Park
Phone: 468-7772 • Fax/Quotes: 468-0233
Toll-Free: 1-866-711-7772

WE WILL BEAT ALL COMPETITORS RATES GUARANTEED! CALL NOW!



Afghanistan.....24.9 ¢	Fiji.....24.9 ¢
Bangladesh.....3.9 ¢	Ghana.....9.9 ¢
Barbados.....9.9 ¢	Greece.....2.9 ¢
Chile.....2.9 ¢	Guatemala.....10.9 ¢
China.....2.9 ¢	Guyana.....27.9 ¢
Ecuador.....12.9 ¢	Honduras.....15.9 ¢
El Salvador.....9.9 ¢	Iraq.....4.9 ¢
Jamaica.....8.9 ¢	Israel.....2.9 ¢
Jordan.....3.9 ¢	Italy.....2.9 ¢
Kenya.....6.9 ¢	Russia.....2.9 ¢
Kuwait.....6.9 ¢	Saudi Arabia.....3.9 ¢
Lebanon.....9.9 ¢	South Korea.....2.9 ¢
Libya.....24.9 ¢	Sri Lanka.....11.9 ¢
Nepal.....7.9 ¢	Trinidad.....4.9 ¢
Oman.....14.9 ¢	U.A.E.....16.9 ¢



SAVE HUGE ON LONG DISTANCE CALLS FROM HOME OR EVEN YOUR CELL PHONE

Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's **GUARANTEED** Lowest Rates

UNLIMITED

Calling to Anywhere in

CANADA

\$5/month

- No need to cancel your service provider.
- \$10 Free Long Distance for every friend you refer
- No Contracts



No Matter Where you Call, No Matter What Rate you Pay, Comwave will beat it... GUARANTEED!

(Even if the rate you pay is lower than the rate listed on this ad!)



1-866-519-8090

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of \$10/month for 355 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors lowest advertised rate for the services. Plan is based on a 1 yr term where early cancellation fees apply. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.B.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio de Janeiro and Sao Paulo. Calls to Comwave Mobile Phones may be billed at a higher rate.

Lakehead University will move ahead with its proposed four-day shutdown the week before Christmas, despite strong opposition from the institution's faculty association, who say the plan violates members' collective bargaining agreement. **METRO NEWS SERVICES**

Workology



Fraud charges in Quebec

According to the Ottawa Citizen, Quebec Provincial Police have charged 25 individuals with fraud over \$5,000 and using false documents in an alleged \$2-million to \$3-million student loan fraud at Night Hawk College, a private computer training school based in Gatineau.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

This guy is shucking amazing

OddJobs

Diane Peters



Metronews.ca/oddjobs

One of Canada's best oyster shuckers didn't think much of

the job when he started.

"At first it was a really crappy job. You're stabbing yourself and it's very tedious," says John Bil, now 41.

He was in his early 20s when he got hired at Rodney's Oyster Bar in Toronto. He needed the money: He had plans to become a professional mountain biker.

That didn't happen, but

he did improve his shucking skills. Three years later, in 1992, he went to Prince Edward Island for the summer, working at Rodney's new island location.

He did that for three summer and then, in 1995, he moved there permanently. It was partly for love of the island, and partly to learn everything he could about oysters.

He got a job at Carr's Lobster Pound in Stanley Bridge, selling lobster and oysters. Meanwhile, he got himself a portable oyster bar and asked bar owners around the island if he could set up on busy pub nights.

Why would you put oysters on a menu? they asked. People in P.E.I. ate oysters all the time, but at home, "It's like selling a ham sandwich," explains Bil.

But some agreed and Bil eventually had a small but steady business on the side.

Then he took a new job running Atlantic Shellfish's oyster plant. Over the next decade, he really got to learn about the cultivation and harvest of the shellfish.

As part of his job, he travelled to restaurants across the country, train-

ing kitchen and wait staff about shucking and serving oysters. That made him miss the restaurant industry, so he went back.

He did some consulting in Montreal and New York City, and helped open an oyster bar in Charlottetown. Now, he's part owner of Ship to Shore in Darnley and The Black Horse, a brand new restaurant in Kensington, both in P.E.I.

Bil used to shuck a few hundred thousand oysters a year; Now he's down to about 50,000.

He starts by opening up the oyster's two shells by inserting a knife at the hinge, wiggling it, and giving it a twist. ("That's the part where you're gritting your teeth if you're new at it.") Once it's open, he runs his knife along the top shell, cutting away the muscle that held the shells

The Lowdown

Job title: Oyster shucker

Salary: Up to \$50,000 at a busy city bar

Education/training: Learn on the job

Best Part of the Job: "I love that you're literally taking something off the earth and putting it on a plate, there's no transformation at all."

Worst Part of the Job: "Oysters are heavy when you have to move a bunch around."

together. Then, he looks for sand and ensures the oyster is opaque and fresh looking. If it's too transparent, Bil tosses it away.

And does he eat oysters himself? At least two dozen a week.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



WE SEE WHAT MOST DON'T

We see the heartbreaking effects of poverty, homelessness, abuse and addiction every day. Last year in Canada, The Salvation Army served 2.5 million meals to the hungry, helped 10,000 people with addictions and provided one third of all shelter beds each night. This Christmas we ask you to open your eyes and your heart. And give.



Giving Hope Today

SalvationArmy.ca ~ 1.800.SAL.ARMY

Original Design: ACLC Inc. | Photography: Dattu Photo



John Bil used to shuck a few hundred thousand oysters a year, but lately he's down to about 50,000.



metro's kooolest

The Best Halifax has to Offer

Metro News and 96.5 Kool FM want YOU to weigh in on the city's coolest places to eat, party, shop – you name it!

Go to metronews.ca or kool965fm.ca to register your choice for this month's category:

Metro's Kooolest Mechanic!

One lucky player will win a prize pack valued at over \$100!

metro
Do it daily.

We Play Anything.
KOOL
96.5 FM

Backed by the Bacons

Kevin Bacon and his brother are helping out a century-old Philadelphia tradition. The Bacon Brothers performed at a fundraising concert Saturday to raise money for the Mummers Parade, which is a colourful event held every New Year's Day. **THE ASSOCIATED PRESS**

13

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

The next generation

Secret Life of the American Teenager returns tonight

IAN JOHNSTON
for Metro Canada

The Secret Life of the American Teenager sounds like another sleazy bit of reality television focusing on underage sex and bad high school-ish behaviour.

Far from it. The series — which begins its second season tonight on MuchMusic — is in fact a family drama about ... well ... family.

Plus underage sex and pregnancy.

"I think our fans can really identify with the characters," says Shailene Woodley, who plays the

pregnant teen Amy on the series, which is best described as a slightly soapy, more fun variation on *Degrassi*.

"I like Gossip Girl. But it's more about expensive clothes and rich people. It's a fairy tale. I think the best fan mail we get comes from parents who say the show has opened up a lot of avenues to talk to their teenagers."

Forget *Gossip Girl*. The *Secret Life of the American Teenager* has crushed that teen TV rival in the ratings south-of-the-border since

its 2008 debuted. Even before its second season premiere in Canada, the show has already filmed a third season.

Still, for Woodley, success has yet to change her life. A veteran of movies and TV at the age of 18, she says she rarely gets recognized as her character Amy.

Not so for Daren Kagasoff, who plays womanizer Ricky, the father of Amy's child on the series. Kagasoff had never acted on TV before this show. And in less than two years, he's a

teen heartthrob, albeit a bad boy heartthrob.

"It's the hair," he says, gesturing to his high-flying 'do. "The audience we get is from 10 years old to 23, so if you're at a mall, that ain't a good idea. But I never take it for granted."

As for the new season, there will be a marriage ceremony, the inevitable birth, and plenty of surprises.

"Lots of tears," laughs Woodley. "It's a real growing period for the characters."

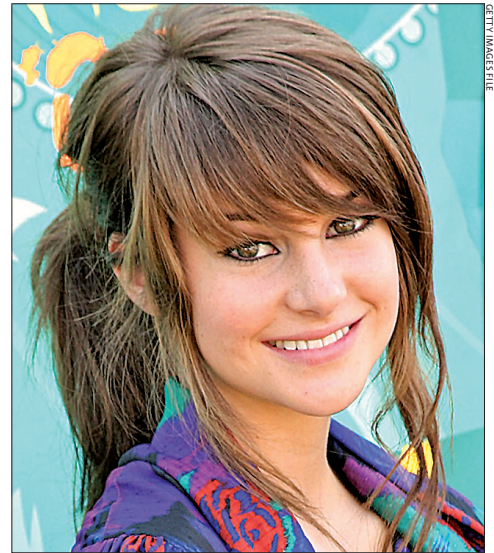
For Kagasoff, the second season will see his character make the transition from ladies man to father.

"In the first season, he



Photo warning

Queen Elizabeth has warned newspapers not to run unauthorized paparazzi photos of the Royal Family. A lawyer for the Queen wrote to newspaper editors telling them not to publish the intrusive photos. **THE ASSOCIATED PRESS**



Shailene Woodley stars in *The Secret Life of the American Teenager*.

just kind of hooked up with girls and didn't take responsibility for his ac-

tions. But once the baby comes along, he's going to be the best dad he can."

Weekdays @ 9pm

101.3 THE BOUNCE

Interactive NINE 2.9

For December 4th

- Aleesia - Bubble Gum
- Rihanna Ft Young Jeezy - Hard
- Lady Gaga - Bad Romance
- Hedley - Don't Talk To Strangers
- Down With Webster - Rich Girl\$
- Owl City - Fireflies
- IYAZ - Replay
- David Guetta Ft Akon - Sexy Chick
- Ke\$ha - Tik Tok

WE WANT YOU!

You could guest host the Interactive NINE@9 with Kid Craig.



kidcraig@1013thebounce.com
1013 THE BOUNCE.com

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
12/07/09	31	31	31	ABC News Center 5	ABC Wild News	Inside Edition	Chronicle	Santa Claus Is Comin' to Town	Find My Family (N)	Castle		
	7	7	7	ASN The Road to Avonlea	Jeopardy! (N)	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)	TwoHalf Men	Big Bang	Castle	
	11	11	11	CBC Wheel-Fortune	La force	Virginie (SC)	Mère indigne	L'Auberge du chien noir (SC)	CBC News: The National	The Hour		
	2	2	2	CBC-F Pyramide (SC)	Evening News	Wheel-Fortune	Jeopardy! (N)	How I Met	TwoHalf Men	Big Bang	CSI: Miami (N)	
	32	32	32	CBS WBZ News (N)	Le Cercle (SC)	Les Gags	Sketch Show	Laura Cadieux	Accidentally	TwoHalf Men	Big Bang	TVI nouvelles
	69	69	69	CFTM TVA nouvelles	ET Canada	How the Grinch Stole Christmas **	Law & Order: SVU	Kmh (SC)	A communiquer	House	News Final (N)	
	6	6	6	CIHF Entertainment	Hollywood	CSI: Miami (HDTV) (N)	Law & Order: SVU	Law & Order: SVU	House	Law & Order: Special Victims	News	
	9	9	9	CJCH talk	Fishing	Sportsland (Live)	Face to Face	Sportsland	Community Matters			
	10	10	10	ELTV Face to Face	The Simpsons	TwoHalf Men	TwoHalf Men	Carrie Underwood: An All-Star Holiday Special (N)	Law & Order: Special Victims	Jay Leno Show		
	36	36	36	FOX Seinfeld	NBC News	Hollywood	Extra (N)	Law & Order: SVU	Law & Order: Special Victims	End		
	12	12	12	NBC News (N)	(6) Power & Politics	Connect Today's biggest stories. (N)	Viewers' Favorites	5 Love Languages-Dr. Gary Chapman	Walking With Dinosaurs			
	29	29	29	NW PBS NewsHour (N)	PBS NewsHour (N)	Business Rpt.	Worldfocus	La Voleuse de Noël (2007, Com, dramatique)	Guerre clans			
	4	4	4	PBS-B PBS NewsHour (N)	Guerre clans	Mariages	Catherine (SC)	Rire et délire	Squeeze Play	Business News		
	35	35	35	PBS-D PBS NewsHour (N)	Headline	Market Call Tonight	CHLN Tonight (N)	Campbell Brown (N)	Larry King Live (N)	Cooper 360		
	68	68	68	TOS Guerre clans	Situation Room-Wolf Blitz	Golf Central	Top 10	Ultimate Matches	Big Break Disney Golf (HDTV)	Lessons		
	23	23	23	BNN Business News	Headline	Market Call Tonight	CHLN Tonight (N)	Campbell Brown (N)	Big Break Disney Golf (HDTV)	Lessons		
	18	18	18	CNN Situation Room-Wolf Blitz	Golf Central	Top 10	Ultimate Matches	Stars of Toronto	UFC 107 Countdown (HDTV)	Sportsnet Con.		
	54	54	54	GOLF Connected W-Prime Time	HSR	Covers Experts	RaceNight	SuperCars	Auto Addiction	Barrett-Jackson	Auctions	
	52	52	52	RSE Unique Whips	Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown	NFL Football Baltimore Ravens at Green Bay Packers.			
	55	55	55	SCOR Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown	NFL Football Baltimore Ravens at Green Bay Packers.				
	45	45	45	SPD Unique Whips	Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown	NFL Football Baltimore Ravens at Green Bay Packers.			
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey!	Monday Night Countdown	NFL Football Baltimore Ravens at Green Bay Packers.				
	43	43	43	FAM Han, Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44	TOON Jimmy Time	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	26	26	26	TREE Timmy Time	3rd and Bird	Backyardigans	Night Grdn	Wonder Pets	Franklin	Little Bear	Bucket-Dinos	Babar
	27	27	27	YTV iCarly	True Jackson	The Santa Claus Brothers		Jack Frost ** (1998, Fantasy)	Michael Keaton.	Intervention "Greg" (N)	Family Biz	
	16	16	16	A&E The First 48		Criminal Minds (HDTV)		Intervention "Danielle"		Héros solitaire (2002, Drame), Robert	Forster	
	70	70	70	APTN APTN National News (N)	Find. Our Talk	Makusham		Notre Peuple		The Unit		
	50	50	50	BET 106 & Park: BET's Top 10 Live				The Unit		Rita MacNeil	Christmas	
	37	37	37	BRVO Wind at My Back	Streets of Encounter			Reba	According-Jim	Home Improve.		
	25	25	25	CMT Unstable	Unstable			Reba	According-Jim	Home Improve.		
	49	49	49	COM Just for Laughs	Air Force	22 Minutes		Comer Gas	Name Is Earl	The Simpsons	South Park	Dennis Leary
	153	153	153	COURT Canada's Worst Driver	Daily Planet (N)			Cops Uncut	Dumb Criminal	Missing Link "Miracles"	Justice	
	38	38	38	DISC Extreme Makeover: Home	House Hunters	Property Virgin		MythBusters	For Rent	Income Prop.	House Poor (N)	My First Place
	46	46	46	HIST Air Wars	Pearl Harbor: Who Fired First			Patton 360	Battles BC	Battles BC	Apocal	
	17	17	17	MM Secret Life of American Teen	Secret Life of American Teen			Ranked!	disBAND	disBAND	Video on Trial	Entourage
	19	19	19	MM Secret Life of American Teen	Secret Life of American Teen			Ranked!	disBAND	disBAND	Video on Trial	Entourage
	201	201	201	M1 Powder Blue	Freezer Burn: The Invasion of Laxdale			Sanctuary "Kush"	Dexter (HDTV)	Survivorman	Ghost Hunters	Californication
	23	23	23	OLN Mantracker	Ghost Hunters International			Dog the Bounty Hunter	House-Payne	House-Payne	Law & Order: SVU	Fighting Tempt
	51	51	51	PEACH The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	Law & Order: SVU	Fighting Tempt
	206	206	206	PIX (6:30) Bailey's Billions	(8:15) Last Call (2001, Action) Phil Morrison.			Grands reportages (SC)	Le Téléjournal (SC)	RDI économie		
	67	67	67	RDI RDI monde	RDI économie	24 Heures en 60 minutes		Alice (2009, Adventure) Caterina Scorsone, Colm Meaney.	Instant Beauty Pageant	Snakehead Terror (2004, Horror) (DVS)	1 Bet You Will	
	39	39	39	SHOW Trailer Park	The Outer Limits			10 Pounds	Last 10	The View (HDTV) (N)	Dr. Oz Show	
	40	40	40	SLICE Skin Deep	Skin Deep	Ricki Lake, Poole Bridge		Star Trek: Voyager	Cradle 2 the Grave ** (2003, Action)	(HDTV) Jet Li, DMX.		
	47	47	47	SPACE Stargate SG-1 "Demons"	Stargate Atlantis (DVS)			Cradle 2 the Grave ** (2003, Action)	(HDTV) Jet Li, DMX.			
	14	14	14	SPIKE Disorderly Conduct: Video	Disorderly Conduct: Video			The Ellen DeGeneres Show (N)	Cake Boss (N)	Cake Boss	BBQ Pit	
	57	57	57	STAR talk	Look-A-Like	TMZ		The Ellen DeGeneres Show (N)	Cake Boss (N)	Cake Boss	BBQ Pit	
	21	21	21	TLC Say Yes-Dress	Say Yes-Dress	Little People	Little People	Little People	Little People	ET Canada	Comeback	Family Guy
	56	56	56	34 TROP Carlawood	Carlawood	Raymond	Raymond	The Outer Limits	ET Canada	Comeback	Family Guy	
	20	20	20	TVS (6:55) Cible	Journal de Fr2	A communiquer		Nikan	Documentaire			
	28	28	28	V Doc	Murder, She Wrote	Hubbard & I	Summer Wine	Missing	The Closer	Cold Case		
	60	60	60	97 VIVA Da Vinci's Inquest	Cold Case "Daniela"			Stolen Miracle (2001, Drama) Leslie Hope, Hugh Thompson.	Holiday			
	22	22	22	W House-Sell	Confidential	Friends	Friends	One Tree Hill (HDTV) (N)	Gossip Girl (HDTV) (N)	WGN News		
	251	251	251	WGN WGN Evening News	TwoHalf Men	Family Guy						

critics' corner—

Carrie Underwood: An All-Star Holiday Special

The Grammy-winning and multi-platinum country singer performs holiday songs in addition to selections from her albums, including her new release, "Play On." Among the performers joining Underwood onstage during the two-hour special are Dolly Parton, Brad Paisley, Tony and Emmy winner Kristin Chenoweth, and "American Idol" winner David Cook. 9 PM on FOX



Alice
Lewis Carroll's "Alice's Adventures in Wonderland" and "Through the Looking Glass" get a futuristic makeover as martial arts instructor Alice Hamilton (Caterina Scorsone) finds herself thrust into a grim parallel universe, where she searches for her lost love (Philip Winchester) while trying to evade the fiendish Queen of Hearts (Oscar winner Kate Winslet). 9 PM on SHOW

Intervention
Meet Greg, who once had a thriving business until a disabling back injury led him into a dependency on pain medication, resulting in the loss of his work and a newfound gambling habit. Now obsessed with Internet sweepstakes scams, Greg has gone into bankruptcy and is left with little except a family that wants its once-proud husband and father back. 10 PM on A&E

Cindy Crawford says cosmetic surgery is unsexy. The 43-year-old supermodel says her husband Rande Gerber and close friend George Clooney can't understand why anyone would go under the knife to alter their appearance. FEMALEFIRST.CO.UK

Celebrity Buzz

Brinkley, Joel daughter hospitalized

OVERDOSE WITH UNDERTONES The daughter of Billy Joel and Christie Brinkley has been hospitalized after overdosing on sleeping pills, according to the New York Post.

Police sources believe Alexa Ray Joel's overdose was a suicide attempt, the newspaper reports. The 23-year-old had reportedly been complaining on her MySpace page recently

about a breakup.

METRO
WORLD NEWS



Winehouse to re-marry?

SECOND TIME'S A CHARM Despite rushing through divorce proceedings five months ago, Amy Winehouse and Blake Fielder-Civil are set to re-marry, at least according to his mother.

"Their love is so powerful nothing will stop them from being together whatever anyone else thinks. They've battled their demons and are absolutely off drugs," Georgette Fielder-Civil tells the Sunday Mirror. "As soon as Blake finishes his term in rehab he'll be straight back with Amy in London. They'll lock the

doors and won't answer the phones. But I know it won't be long before I get a call from Blake say-

ing, 'Mum, I'm at the airport and we're flying off to get married.'"

METRO WORLD
NEWS



Beckham reeling after clothing theft

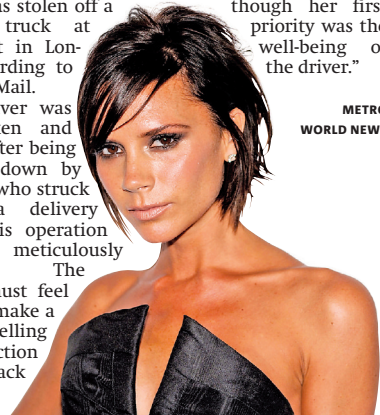
BEST-LAID PLANS? Victoria Beckham is said to be reeling after the theft of more than \$500,000 worth of clothing from her new collection was stolen off a delivery truck at a knife-point in London, according to the Daily Mail.

The driver was left shaken and bruised after being knocked down by two men who struck during a delivery stop. "This operation was meticulously planned. The thieves must feel they can make a fortune selling the collection on the black

market," a source says.

"Victoria was informed straight away about the incident and was shocked and deeply saddened, although her first priority was the well-being of the driver."

METRO
WORLD NEWS



Cyrus is spotted with a tattoo

SHOWING OFF? Miley Cyrus is turning heads after being spotted relaxing at a Miami Beach resort in a bikini, clearly showing off a tattoo under her left breast, according to the Daily Mail. The 17-year-old's first piece of body art is a simple script reading, "just breathe."

Although Cyrus is under 18 and therefore technically too young to get a tattoo in the U.S., she may have gotten permission from her family, as her brother, Trace Cyrus, recently revealed that all the family members were planning to get matching ink.

METRO
WORLD
NEWS



Celebrity tweets

Today, **Kirstie Alley** has fun with foreign weight measurements, **Eddie Izzard** is offering weather and shopping updates for Londoners and rapper **The Game** watches Oprah and isn't ashamed of it.

• **@KirstieAlley** So I need to loose...OH MY GOD..I could build a WALL with all these STONES!!!

• **@eddieizzard** Walking through Hyde Park at the moment. Sun is shining but wrap up as it's a little windy. There's an Xmas fun fair in the Park as well.

• **@ihategame** this ain't Gangsta AT ALL but I was watchin Oprah last night & came to the conclusion that can't nobody sing like Jennifer Hudson!

METRO
WORLD
NEWS



New power duo emerges

FAMOUS PARENTS A new Hollywood power couple appears to be emerging, as 16-year-old Patrick Schwarzenegger, son of California Governor Arnold Schwarzenegger, has reportedly started dating 15-year-old Tallulah Willis, daughter of Bruce Willis and Demi Moore, according to Page Six. "They started dating around Halloween," a source says, though her dad's rep denies it.

METRO
WORLD
NEWS



Twilight cast demands

VAMPIRE POWER TRIO With just one book left in the Twilight series to adapt into a film (the third book, Eclipse, has already been shot) Robert Pattinson, Kristen Stewart and Taylor Lautner are reportedly banding together to negotiate higher salaries for Breaking Dawn, which could be split into two films, according to Hollywoodscoop.

The pow-

er trio is said to be demanding eight-figure salaries for the conclusion to the blockbuster franchise, though the schedule for Breaking Dawn hasn't been set. "I have committed to the fourth one," Pattinson says. "But I don't know quite when Summit [the studio] is going to shoot it."

METRO
WORLD
NEWS



Gaga's fear of sex

PHOBIA REFLECTED IN LYRICS Lady Gaga once had a fear of sex, according to popeater.com.

The 23-year-old singer — who is currently single — said the songs on her new album The Fame Monster were written at a time when she was experiencing a phobia of intimacy.

She said: "I'm just really happy being single at the moment, working

on my music and traveling. I think there is a time for that but it's just not now for me. And anyway, I have no confidence when it comes to men.

"Each song represents a different monster I have encountered on my travels; a fear of sex, a fear of alcohol, a fear of love, a fear of death, it goes on..."

METRO
NEWS
SERVICES



Wish you could balance your budget this Christmas?

We can help you make your Christmas wishes come true with a chance to **win one of four \$500 gift certificates every week for four weeks with an additional bonus prize on the last draw worth \$750 consisting of a \$500 Irving Gas Card and a Sobey's \$250 Gift Card.**

- Shop at Scotia Square Mall & Barrington Place Shops & fill out a ballot between November 19 and December 15 for your chance to Win!

scotia square
barrington place shops

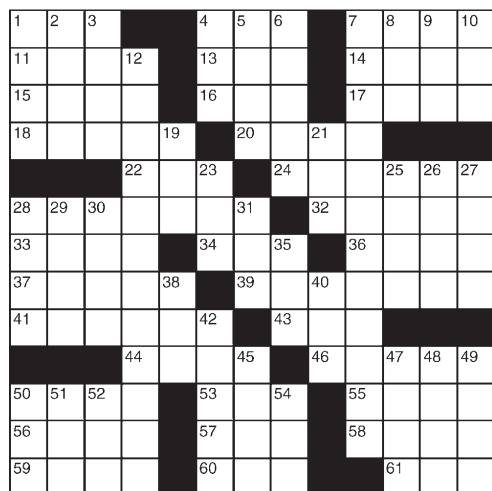
\$500 Giveaway every week!
\$2000
scotia square
barrington place shops

\$500 Irving Gas Card
\$250 Sobey's Gift Card

IRVING
Sobey's

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

- 1 Airborne Dracula
4 Group of scenes
7 Antitoxins
11 Styptic agent
13 Comment from Bossy
14 Eastern bigwig
15 Actress
16 Pea holder
17 Rubik's puzzle
18 Carrot-top's secret?
20 Unaccompanied
22 Work with
24 Added by age
28 Black leopard
32 Calculating snake?
33 Reed instrument
34 Japanese pond carp
36 Family
37 Richly luxurious
39 Annoys
41 Guard
43 Gun lobby grp.
44 Jacob's twin
- 46 Spouse's relative
50 Old Italian money
53 Bookkeeper (Abbr.)
55 Mrs. Dithers, in the comics
56 Out of control
57 Leap
58 Badder than bad
59 Makes up one's mind
60 Explosive stick
61 Antlered animal

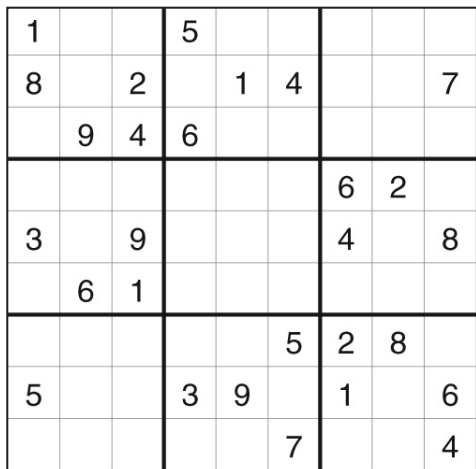
DOWN

- 1 Shower alternative
2 Lotion additive
3 Veer
4 Rock band's need
5 Talks like a dove
6 Commotions
7 Opportunity to make amends, maybe
8 Ostrich's cousin
9 Cage part
10 Exist
12 Quick-fry beef products
19 Blond shade
21 Meadow
23 "A mouse!"
25 Not working
26 Mad king of literature
27 Sea eagles
28 Boston orchestra
29 Skilled
30 Verb's partner
31 Steal from
35 Charged bit
38 Day fractions (Abbr.)
40 Numerical prefix
42 America's Cup vessel
45 "Once — a time"
47 Cupid's field
48 Seed covering
49 Stroll
50 "The 7 Faces of Dr. —"
51 Devil's disciple
52 Deteriorate
54 Suitable

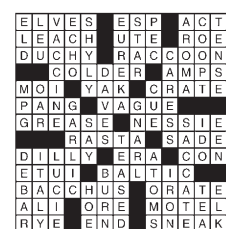
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

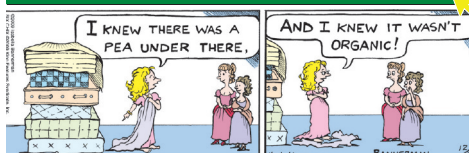


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	3	8	5	1	4	6	2	7
4	7	5	6	8	2	3	1	9
6	2	1	3	9	7	4	8	5
3	5	6	2	4	9	1	7	8
7	4	9	1	6	8	5	3	2
8	1	2	7	3	5	9	4	6
1	6	7	8	5	3	2	9	4
5	8	4	9	2	1	7	6	3
2	9	3	4	7	6	8	5	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Cowboy Casserole

INGREDIENTS:

- 1 1/3 lb (600 g) unpeeled baking potatoes, scrubbed and thinly sliced
1 1/2 tbsp (20 mL) olive oil
1 tsp (5 mL) tomato paste
14 oz (398 mL) can baked beans
1/4 lb (125 g) frozen peas
1/4 lb (125 g) frozen green beans
7 oz (200 g) can corn, drained
2 tbsp (25 mL) barbecue sauce
3 1/2 oz (100 g) smoked cheese, roughly chopped

METHOD:

1. Preheat oven to 400°F (200°C). Put potatoes into pot of boiling water. Bring back to boil; half-cover and simmer until just tender, but not breaking up. Drain thoroughly, reserving 4 tbsp (60 mL) cooking water. Tip potatoes into bowl, add oil and toss to coat. Set aside.

2. Blend tomato paste with reserved hot water in pot.

Tip in baked beans, peas, green beans, corn and barbecue sauce. Heat gently, stirring, until mixture is barely warm and peas and green beans have thawed. Tip into shallow casserole dish, spreading into even layer. Scatter over cubes of smoked cheese.

3. Arrange potato slices over top, overlapping slightly to completely cover bean and cheese mixture. Bake 30 minutes or until potatoes are tender and top is golden brown.

SERVES 4

Per Serving:
404 calories, 13 g total fat, 7 g saturated fat, 58 g carbohydrate, 17 g protein

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Mercury aspects power planet Pluto in the career area of your chart today, so there is a real chance you will lose your temper.

LIBRA
SEPT 23-OCT 23
You may have made up your mind about something but can you be sure you are right? Today's cosmic influences urge you to think carefully.

TAURUS
APRIL 21-MAY 21
You will either be a hero or a villain today — there is no in-between. Being the blunt spoken sort you are sure to say something that causes a fuss.

SCORPIO
OCT 24-NOV 22
Someone whose personality is almost as strong as your own will refuse to do what you ask of them today.

GEMINI
MAY 22-JUNE 21
You may believe that all things are possible but others will need some convincing. Usually you would not care in the slightest.

SAGITTARIUS
NOV 23-DEC 21
Why waste time on people who, to be blunt about it, are not worth the effort? Forget them and move on.

CANCER
JUNE 22-JULY 22
Don't react badly if someone questions or makes fun of your convictions today. Everyone is entitled to their own point of view.

CAPRICORN
DEC 22-JAN 20
You are the boss and what you say goes, and anyone foolish enough to disagree with you will learn very quickly what a painful mistake that can be.

LEO
JULY 23-AUG 23
Resist the urge to give up on something that, no matter how hard you try, refuses to work the way you want it to work.

AQUARIUS
JAN 21-FEB 18
If a petty argument is getting you down just make your excuses and leave. Why get involved in disputes that mean nothing to you?

VIRGO
AUG 24-SEPT 22
Someone you work with, maybe someone important, is intimidated by your overly aggressive manner, and that could cause problems.

PISCES
FEB 19-MARCH 20
What you have to deal with today may be the kind of thing you would prefer to avoid but you have no choice in the matter.

This day in history

1941: The Imperial Japanese Navy attacks the U.S. Pacific Fleet and its defending Army Air Forces and Marine air forces at Pearl Harbor, Hawaii. Because of the time difference due to the International Date Line, the events of Dec. 8 occurred while the date was still Dec. 7 to the east of this line.

1988: Spitak Earthquake: In Armenia an earthquake measuring 6.9 on the Richter scale kills nearly 25,000, injures 15,000 and leaves 400,000 homeless.

1988: Yasser Arafat recognizes the right of Israel to exist.

2003: The Conservative Party of Canada is officially recognized after the merger of the Canadian Alliance and Progressive Conservative Party of Canada.

METRO NEWS SERVICES

HAKIM OPTICAL *joy good vision*

FREE OR FREE
LENSES 2nd PAIR
With purchase of any frame in the store. Single vision, bifocal or tri-vision. See store for details.

Hakim Optical Gift Cards
Always Make the Perfect Gift!

Over 150 Discount Outlets... 110 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

TAKE A BREAK FROM WORK

Visit metronews.ca to watch **metrotube** of the day



INFINITI®



Merry Christmas!
From all of the staff at O'Regan's Infiniti.

The 2010 Infiniti EX. Extraordinary.

- 297 HP 3.5 litre V6 engine
- Intelligent All-Wheel Drive
- Adaptive Front Lighting System
- Scratch Shield Paint
- Automatic Temperature Control System with microfiltration
- XM® Satellite Radio
- Traction Control System
- Tire Pressure Monitoring System
- Available Around View Monitor and Lane Departure Warning and Prevention Systems

Now from
\$41,990



O'REGAN'S
DRIVING HIGHER STANDARDS

INFINITI

3461 Kempt Road, Halifax • (902) 455-5800 • oregansinfiniti.com